

A little girl and her father were crossing a bridge. The father was a little scared so he asked his little daughter:
"Sweetheart, please hold my hand so that you don't fall into the river." The little girl said:
"No, Dad. You hold my hand."
"What's the difference?" asked the puzzled father.
"There's a big difference," replied the little girl.
"If I hold your hand and something happens to me, chances are that I may let your hand go. But if you hold my hand, I definitely know that no matter what happens, you will never let my hand go."

In any relationship, the essence of trust is not in its bind, but in its bond. So hold the hand of the person whom you love... rather than expecting them to hold yours.

Our Value this month is ... Trust



Family Values

What sort of person am I going to become? Trustworthy, honest, reliable, loyal, consistent?

What sort things do I say? Sincere words, trustworthy promises, helpful comments?

What sort of friendship do I offer? A firm shoulder to lean on, an opinion others can trust, a safe pair of hands for those who give me responsibility, someone who doesn't give up quickly?

What sort of help will I offer? Time, lasting help, hard work, steadfast, faithful?

The best way to find out if you can trust somebody is to trust them.

[Ernest Hemingway](#)

What does the Bible teach us about trust?

Read the story of Abraham from Genesis 12:1-9. One day God told Abraham to leave his country, his relatives and his father's family and go to a different land. God said he would show him where to go. Abraham decided to trust God. Would you?

Daniel in the Lions Den

Some people don't like it when you always do what is good and right. Maybe because it makes THEM look bad. That's what happened with Daniel. Read his story and his trust in God. Daniel 6

"Trust men and they will be true to you; treat them greatly and they will show themselves great."

Ralph Waldo Emerson

Earn 10 Family Values House Points

Try one of these trust activities...bring in a photo of you in action to earn your 10 Family Values House points...have fun!

Best wishes Miss Finney

Running Free: Find a large, flat area with soft ground, e.g., grass. Make sure you are warmed up, stretched and ready for running. One person puts on a blind fold and holds hands with a partner. Ask the seeing person to take their partner on a:

- slow walk (~a couple of minutes)
- a normal-paced walk (~1 minute)
- a fast walk (~30 secs)
- a jog (~30 secs)
- a run (~15 secs)
- a fast run (~15 secs)

Have time to relax, swap over, and then take your partner through the same sequence.

Minefield: Objects are scattered in an indoor or outdoor place. In pairs, one person verbally guides his/her partner, a blindfolded person, through the minefield.

Trust Fall: In pairs of similar size, one becomes a Faller and one the Catcher. Teach methods for spotting, falling and catching. Start small and build to bigger falls, then swap.

"It is an equal failing to trust everybody, and to trust nobody." English Proverb